

Message 001

Communication from the Commission - TRIS/(2025) 3014

Directive (EU) 2015/1535

Notification: 2025/0637/SK

Notification of a draft text from a Member State

Notification – Notification – Notifizierung – Нотификация – Oznámení – Notifikation – Γνωστοποίηση – Notificación – Teavitamine – Ilmoitus – Obavijest – Bejelentés – Notifica – Pranešimas – Paziņojums – Notifika – Kennisgeving – Zawiadomienie – Notificação – Notificare – Oznámenie – Obvestilo – Anmälan – Fógra a thabhairt

Does not open the delays - N'ouvre pas de délai - Kein Fristbeginn - Не се предвижда период на прекъсване - Nezahajuje prodlení - Fristerne indledes ikke - Καμμία έναρξη προθεσμίας - No abre el plazo - Viivituste perioodi ei avata - Määräaika ei ala tästä - Ne otvara razdoblje kašnjenja - Nem nyitja meg a késésekét - Non fa decorrere la mora - Atidējimai nepradedami - Atlikšanas laikposms nesākas - Ma jiftaħ il-perijodi ta' dewmien - Geen termijnbegin - Nie otwiera opóźnień - Não inicia o prazo - Nu deschide perioadele de stagnare - Nezačína oneskorenia - Ne uvaja zamud - Inleder ingen frist - Ní osclaíonn sé na moilleanna

MSG: 20253014.EN

1. MSG 001 IND 2025 0637 SK EN 20-10-2025 SK NOTIF

2. Slovakia

3A. Úrad pre normalizáciu, metrológiu a skúšobníctvo SR

Odbor skúšobníctva a európskych záležitostí

Kontaktné miesto pre smernicu (EÚ) 2015/1535

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4. 2025/0637/SK - C51A - Beverages

5. Draft Act on the Conditions of Sale of Energy Drinks

6. Energy drinks

7.

8. The main objective of the draft Act is to create a legal framework for regulating the sale of energy drinks, as follows:

- prohibit the sale of energy drinks to persons under the age of 16, ensure that energy drinks are not available to minors through vending machines or distance selling;
- raise public awareness of the negative effects of excessive consumption of energy drinks;
- ensure effective oversight and sanctions for breaches of sales rules.

9. The draft Act responds to the increasing trend in consumption of energy drinks among children and adolescents, which poses a significant health risk and social problem. Consumption of these beverages, especially those with high caffeine and sugar content, is associated with negative effects on the physical and mental health of young people, whose bodies are still developing and are more sensitive to the effects of stimulants. Thus, there are health risks associated with the consumption of energy drinks even for adults, but children and adolescents are particularly sensitive to the effects of these substances, because their organism is still developing. The most serious health risks include:

- disorders of the cardiovascular system - excessive consumption of caffeine can lead to an increase in blood pressure, arrhythmias and an increased risk of heart attack;
- neurological disorders - caffeine can cause nervousness, irritability, sleep disorders, reduced concentration capacity and even seizures in some individuals;
- metabolic disorders - energy drinks have a high sugar content, which increases the risk of obesity, insulin resistance and the development of type II diabetes;
- dependence on caffeine - adolescents are more likely to develop dependence on stimulants, which can lead to regular and excessive consumption.

In addition to the health problems mentioned above, energy drinks combined with physical activity (such as sports) have been shown to increase the risk of sudden collapse, as the stimulants in the drinks can overload the cardiovascular system. Long-term use in children may result in slowed brain development due to a lack of deep sleep. Locally, it causes acidification of the stomach with symptoms of nausea, vomiting and abdominal pain. Excessive increase in pressure and acceleration of heart activity can lead to disturbances in heart rhythm, heart attack, cardiac arrest, stroke and death. Potential problems associated with the consumption of energy drinks by children and adolescents include the risk of obesity, high blood pressure, excessive tooth decay, depression, nervousness, anxiety and sleep disorders, as well as ADHD, among other things.

The proposed legislation is preventive in nature – its aim is to protect the health of children and young people and prevent the long-term negative effects of excessive consumption of stimulants. At the same time, the measures are proportionate to the objective pursued, as they only aim at restricting sales to certain age groups and do not constitute a disproportionate restriction on the free movement of goods.

10. Reference to the basic texts: No basic text(s) available

11. Yes

12. The reason for requesting an urgent procedure is the need to take immediate action to protect public health, in particular the health of children and young people. Currently, energy drinks are freely available,

including through vending machines and distance selling, which makes them easily accessible even to persons under the age of 16. We consider the risks associated with the consumption of these drinks by adolescents to be so serious as to justify shortening the legislative process. According to available scientific knowledge and health recommendations (e.g. from the World Health Organisation and the European Food Safety Authority), excessive consumption of caffeine and sugar by children and adolescents is associated with significant health risks that can lead to permanent damage to health. Since this concerns the protection of the fundamental right to health under Article 40 of the Constitution of the Slovak Republic, the proposed measures are in the highest public interest and postponing them could lead to the continuation of an undesirable situation in which children and young people are exposed to health-risk substances on a daily basis. For these reasons, it is essential that the legislation takes effect as soon as possible, thereby ensuring immediate protection of the health of minors and limiting their access to energy drinks through retail outlets, vending machines and e-commerce.

13. No

14. No

15. Yes

16.

TBT aspects: No

SPS aspects: No

European Commission

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